

# **BULLYING**

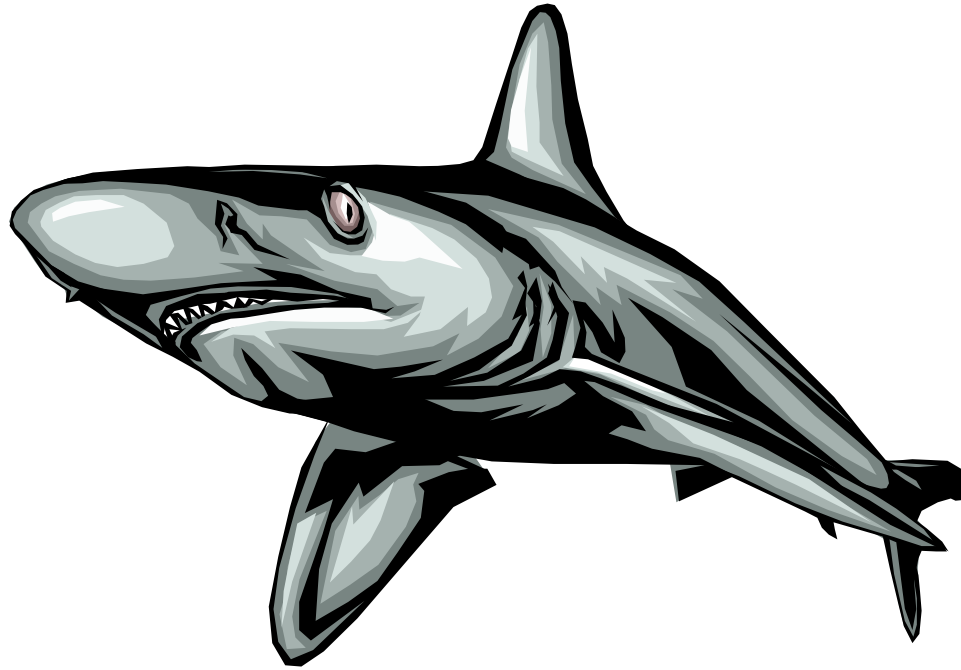
in the mainstream

## **Autism Forum**

**sponsored by the Diagnostic Center, Central California  
and the Community Autism Partnership**

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**Just when you thought it was safe to  
jump into the mainstream...**

# **BULLYING**

- **What is bullying?**
- **Where is it happening?**
- **Who is involved?**
- **Why do we care?**
- **How should we respond?**

# **WHAT**

**is bullying?**

Bullying can be **Physical...**

**Threatening** but no contact...

It can be **Social** or “friend bullying...

or even **Cyber Bullying.**

# Bullying is...

- Repeated (or single) negative actions toward a targeted individual(s)
- Imbalance of power (physically, socially, verbally, emotionally)
- Possibility of contrasting differences in affect (immediate or delayed) of the individuals involved

# It is not...

- A mutual peer conflict or disagreement in which neither child has been specifically targeted.
- Between two children of similar power or status
- Accidentally hurting another's feelings coupled with regret or a desire to apologize or make amends

## **Bullying is...**

- never acceptable.
- practiced by adults as well as children.
- four times as likely to be directed toward children with ASD than NTs.
- never the fault of the child who is targeted, no matter how they look or behave.

## **It is not...**

- a normal part of childhood, as in, “Boys will be boys.”
- necessary to help students “toughen up.”
- stopped by ignoring it or pretending it isn’t happening.
- going away by itself.

# **WHERE**

**is it happening?**



On the **playground...**

on the **bus...**

in the **classroom...**

in the **gym or locker room...**

in the **hallways...**

**...any unstructured settings  
with minimal supervision.**

**WHO**

**is involved?**

**The child who chooses to  
bully...**

**the child who is  
targeted...**

**those who witness  
bullying incidents...**

**...and the adults.**

**WHY**

**do we care?**

# Bullying Statistics 2010:

- 160,000 children missed school every day due to fear of bullying.
- 2.7 million children were targeted by 2.1 million children who chose to bully.
- Statistics from a Yale School of Medicine study showed a strong connection between bullying and suicide.

# Bullying Statistics 2010:

- The term *bullycide* is used to describe suicide as a result of bullying.
- Revenge for bullying is one of the strongest motivations for school shootings.

# **HOW**

**should we respond?**

**DON'T** ignore it and hope  
it goes away by itself.

**DO** honestly evaluate the  
bullying problem at your  
own school.





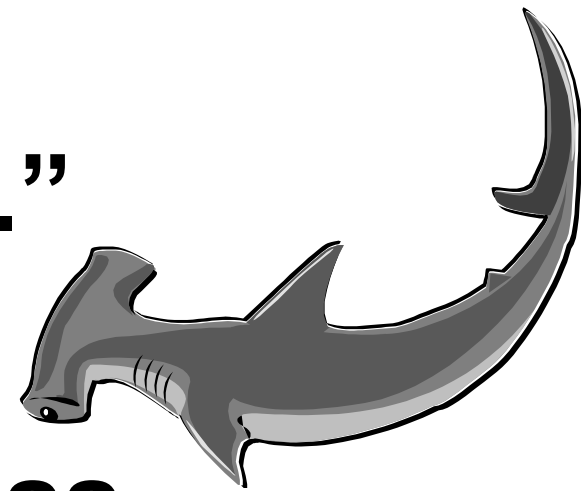
**DON'T** assume a generic social skills curriculum will take care of it.

**DO** choose or develop a program that specifically addresses bullying.

**DON'T** expect teachers to choose and implement their own bullying program.

**DO** select a school-wide program, that is supported by administration, from the top down.

**DON'T** adopt a “one size fits all” approach, or “Since I’ve got a hammer, the problem must be a nail.”



**DO** individually address each person involved in bullying incidents.

# **ADDRESS THE CHILDREN WHO CHOOSE TO BULLY**

**Let everyone know that bullying is  
not cool  
and it will not be tolerated.**

# **ADDRESS THE CHILDREN WHO CHOOSE TO BULLY**

**Get out the word that  
the entire school is  
putting bullying on notice –  
from the principal on down.**

# **ADDRESS THE CHILDREN WHO HAVE BEEN TARGETED**

**Teach them to stand tall,  
head held high,  
give the bully a brief  
but clear message,  
and then go report the incident.**

# **ADDRESS THE CHILDREN WHO HAVE BEEN TARGETED**

**Let them know that  
they deserve to be safe,  
and then *keep them safe.***

# **ADDRESS THE CHILDREN WHO ARE BYSTANDERS**

**Teach them the difference  
between tattling  
and reporting.**



# **ADDRESS THE CHILDREN WHO ARE BYSTANDERS**

**Teach them the  
importance of reporting  
every bullying incident.**

Take on bullying...  
tame the shark



**Let's keep the mainstream waters  
safe for everyone.**

Information here was gathered from:

☞ the Jenison Autism Journal, *Gray's Guide to Bullying*;

☞ "*No Fishing Allowed*" by Carol Gray & Judy Williams;

☞ *Bully Guide Prevention and Intervention Tool* by Mentoring Minds;

☞ *Asperger Syndrome and Bullying: Strategies and Solutions* by Nick Dubin

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